



Youth Flag Football Leagues Grades 3-6

This is a great sport for all skill abilities, lots of action and friendly competition. Games are played primarily on Saturdays, although game days may vary. Season runs mid August to mid October. Players must wear a mouthguard (available at area sporting good stores) to participate. **Registration Deadline: July 20**

Please note:

- Teams are formed by neighborhood/school, which may require some areas to be divided into different teams or combined with other school areas.
- Those registering after the deadline will be placed on teams with openings, not necessarily in their neighborhood.
- Youngsters MAY NOT transfer teams.
- This program is for Troy residents only.

Use grade entering in 2009/10 school year.

Act#	Grade	Fee
141700	3-4	\$61
141701	5-6	\$61

Volunteer Coaches Needed! Fill out your application online at:

<http://www.troymi.gov/ParksRec/Sports/VolunteerCoaches/>

Troy Adult Fall Softball

Troy parks and Recreation conducts adult fall softball leagues that begin early August through September. Coed, Men and Women leagues are available. **Reasonable entry fee!!** No limit on number of non residents allowed on a roster! Interested teams should call 248.524.3484 or e-mail mercerse@troymi.gov for more information.

Important Dates

Mid-June	League information mailed out to all interested teams/individuals.
July 7	Team applications due by 9 am to enter lottery to fill vacancies.
August 10	Fall leagues tentatively begins



Instructional Girls Softball Girls in 2nd Grade ('08 - '09 School Year)

Hit a home run this season by signing up for GIRLS SOFTBALL. This program has been designed for 2nd grade girls who are too old for tee ball and not ready for a competitive league. Over the course of six weeks, players learn the basics of throwing, catching, fielding, base running, positions and batting. Instructors will help players through the transition, hitting from a tee to pitched balls. The first three practices are instructional clinics and the remaining days are scrimmages. Fee includes shirt and cap. Maximum: 20 players per activity number. **Please note:** Players will be split into teams. Games may be at 9, 10:15 or 11:30 am.

Weeks:	6	Day:	T/TH	Location:	Firefighters Park
Act #	Grade ('08-'09)	Time	Session	NR	Res Disc
134080A	2nd	9 am	6/23-7/30	\$65	\$60
134080B	2nd	10:15 am	6/23-7/30	\$65	\$60
134080C	2nd	11:30 am	6/23-7/30	\$65	\$60

Squirts Tee Ball

Introduce your child to tee ball in a non-competitive and playful environment. This three-week program meets two days per week. Players will learn basic baseball skills through developmentally appropriate practice activities, including throwing, catching, batting and running. No formal games will be played. Fee includes T-shirt and hat.

Weeks: 3 **NR:** \$45 **Res Disc:** \$40

Age: 4 years old

Children entering kindergarten are not eligible. (See Tee Ball program page 61)

Days: M/W or T/TH

Dates: Session 1: Jun 22 - Jul 9
Session 2: Jul 13 - Jul 30

Time: 9-9:45 am

SESSION I

Div 13 **M/W (6/22-7/8)**

Act #	Site
134113 A	Baker
134113 B	Jaycee Park #1 Full

Div 14 **T/TH (6/23-7/9)**

134114 A	Raintree
134114 B	Hamilton

SESSION II

Div 15 **M/W (7/13-7/29)**

134115 A	Leonard
134115 B	Jaycee #2

Div 16 **T/TH (7/14-7/30)**

134116 A	Schroeder
134116 B	Boulan #3



All Star Squirts

Build on the basic skills learned in Squirts Tee Ball. This four-day program includes a warm-up practice and games daily. Equipment needed; baseball glove, gym shoes and water bottle.

Age: 4 yrs. old **Days:** M - TH

Dates: August 3-6

Time: 9-9:45 am

NR: \$22 **Res Disc:** \$20

Act #	Site
134117 A	Jaycee #1
134117 B	Jaycee #2

Tee Ball & Coach Pitch Baseball

Hit a home run this summer and learn baseball basics in a fun, non-competitive environment. Instruction includes; throwing, hitting, catching, base-running, fielding and the basic rules of play. Tee shirt and participation awards are included in fee. No standings will be kept. **Troy residents only.**

This seven-week program meets once per week on Friday or twice per week Monday and Wednesday or Tuesday and Thursday.

Teams may be combined if a certain area is low in registration numbers.

Individuals will sign up by site. Practices are scheduled for weeks 1-2. Games are scheduled for weeks 3-7. Games begin the week of July 6; game sites will vary and morning games will vary between 10:15 -11:30 am.

Trained staff instructors will conduct practices and games.

No further notices or calls. Participants should attend the first session on the date listed.

Equipment Needed: Glove, gym shoes, and water bottle (bat optional). Please put your name on your equipment.

Tee Ball

For children entering kindergarten in the 2009-10 school year. Played from a tee using a "reduced injury factor" (RIF) baseball. Practices and games last 55 minutes.

Coach Pitch

The next step from tee ball, this is for children entering 1st or 2nd grade in the 2009-10 school year. Games last 55 minutes. There are no tryouts, just fun! (2nd graders may be eligible for TBB)

Weeks: 7 **Day:** Varies

Begins: June 19 - August 7

Fee: 2 days/wk \$70
1 day/wk \$40

NOTE: No tee ball or coach pitch baseball will be scheduled July 3rd.

TEE BALL

Div 1 & 2 games may be at 10:15 am or 11:30 am

Div 1 M/W 10:15 am – Begins June 22

Act #	Site
134100 A	Baker
134100 B	Leonard
134100 C	Jaycee Park #1
134100 D	Jaycee Park #2

Div 2 M/W 11:30 am – Begins June 22

Act #	Site
134101 A	Baker
134101 B	Leonard
134101 C	Jaycee Park #1
134101 D	Jaycee Park #2

Div 3 FRI 9 am – Begins June 19

Act #	Site
134102 A	Boulán #3
134102 B	Martell #3
134102 C	Jaycee Park #1
134102 D	Jaycee Park #2

Evening Options - are full

Div 4 M/W 5:30 pm – Begins June 22

Act #	Site
134103 A	Schroeder Full
134103 B	Firefighters
134103 C	Wass
134103 D	Barnard #1 Full

Div 5 M/W 6:35 pm – Begins June 22

Act #	Site
134104 A	Schroeder - full
134104 B	Firefighters - full
134104 C	Wass- full
134104 D	Barnard #1 - full

Div 6 M/W 7:40 pm – Begins June 22

Act #	Site
134105 A	Schroeder
134105 B	Firefighters
134105 C	Wass
134105 D	Barnard #1

Weather Updates/Program Status

On occasion during inclement weather, programs need to be canceled or re-scheduled. Any time of the year, to find out the status of your program, go online at: www.troymi.gov/parksrec/weatherupdates or call 248.689.9756 for details.

COACH PITCH

Division 7, 8, 9 & 13

Games may be at 10:15 am or 11:30 am

Div 7 T/TH 11:30 am – Begins June 23

Act #	Site
134106 A	Raintree Full
134106 B	Schroeder
134106 C	Hamilton
134106 D	Boulán #3

Div 8 T/TH 10:15 am - Begins June 23

Act #	Site
134107 A	Raintree
134107 B	Schroeder
134107 C	Hamilton
134107 D	Wass

Div 9 FRI 10:15 am – Begins June 19

Act #	Site
134108 A	Boulán #3 Full
134108 B	Martell #3
134108 C	Jaycee Park #1 Full
134108 D	Jaycee Park #2

Div 13 FRI 11:30 am – Begins June 19

Act #	Site
134112 A	Boulán #3
134112 B	Martell #3
134112 C	Jaycee Park #1
134112 D	Jaycee Park #2

Evening Options - are full



Learn a new sport and you'll work on hand-eye coordination, large motor skills, learn basic baseball skills, make new friends, build strong bodies, create memories, participate on a team, build self-esteem, and have fun!



Hungry Howie's Pizza



Athletic Trainers

Certificate upon completion. **Coordinator** - Bryan Baines, A.T.C., E.M.T., Athletic Trainer Beaumont Hospital, Head Trainer at Athens High School and Troy Sports Camp Athletic Trainer. **Location:** Athens HS

Act #	Date	Time	Ages	Cost
134201 A	July 27-31	8:30 am-3:30 pm*	14 and over	\$155

*Includes one hour practice session.

Baseball

Section C and D bring sack lunch and water bottle. **Equipment required:** baseball glove, baseball/gym shoes (bat optional). **Camp Coordinator** - Mike Morris Athens varsity coach. **Location:** Athens H. S. field.

Act #	Date	Time	Ages	Cost
134202A	June 22-26	9-11 am	7-8	\$66
134202B	June 22-26	9-11:30 am	9-12	\$81
134202C	June 23-26	11:30-1:30 pm	10-15	\$55*
134202D	June 23-26	11:30-1:30 pm	10-15	\$55**

A and B = Fundamentals camp

C*4 day camp - pitching

D**4 day camp - catching

Basketball

Equipment required: gym shoes. Place in grade entering in 2008-09 school year. **Coordinators** - Girls: Dennis Koch, Troy High girl's varsity coach and David Scott, Athens Varsity Coach; Boys: Gary Fralick, Troy High varsity boys coach.

Act #	Date	Time	Grades	Cost
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Athens High Aux gym

134203 A	June 22-26	8:30-11 am	Girls 3-5	\$86
134203 B	June 22-26	11:30-2:30 pm	Girls 6-10	\$101

Troy High Main gym AM/Aux gym PM Session

134203 C	July 13-17	8:30-11:30 am	Girls 6-10	\$101
134203 D	July 13-17	12-2:30 pm	Girls 3-5	\$86

Troy High School - Main gym

134203 E	June 22-26	12-3 pm	Boys 3-8	\$101
134203 F	July 6-10	12-3 pm	Boys 3-8	\$101
134203 G	July 13-17	12-3 pm	Boys 3-8	\$101

Junior Basketball/ All Stars Basketball

Jr Basketball - Basic instruction on skills. **Stars Camp** - Builds on previous learned basic skills. **Coordinator** - B.J. Smith. **Location:** see below **Cost:** \$71

Act #	Date	Type	Time	Ages	Location
134204A	Jun 22-26	JR	10 am-12 noon	5-7	Schroeder
134204B	Jun 22-26	JR	12:30-2:30 pm	5-7	Schroeder
134204C	Jul 6-10	JR	10 am-12 noon	5-7	Hamilton
134204D	Jul 6-10	JR	12:30-2:30 pm	5-7	Hamilton
134204E	Jul 13-17	Star	10 am-12 noon	5-7	Wass
134204F	Jul 13-17	Star	12:30-2:30 pm	5-7	Wass

134204G	Jul 20-24	JR	10 am-12 noon	5-7	Barnard
134204H	Jul 20-24	JR	12:30-2:30 pm	5-7	Barnard
134204I	Jul 27-31	Star	10 am-12 noon	5-7	Troy Union
134204J	Jul 27-31	Star	12:30-2:30 pm	5-7	Troy Union

Cheerleading

Each year campers learn a series of brand new cheers and chants, a dance routine and other cheerleading skills. The older class will also include stunts. **Equipment required:** gym shoes, shorts, no jewelry. **Coordinator** - Beth Ann Markey, Athens High School Junior Varsity coach. **Location:** Athens HS west deck

Act #	Date	Time	Ages	Cost
134205 A	Jun 22-26	9-11 am	5-9	\$71
134205 B	Jun 22-26	12-3 pm	10-14	\$101
134205 C	July 6-10	9-11 am	5-9	\$71

Fantasy Sports

Designed for boys and girls and is jam packed with non-traditional game competitions, and swimming daily. Campers bring a bag lunch Monday-Thursday. Pizza lunch provided on Friday. **Equipment required:** gym shoes, swim suit, and towel. **Coordinator** - E.J. Howell; **Location:** Baker Middle School

Act #	Date	Time	Ages	Cost
134207 A	Jun 22-26	9 am-3 pm	9-14	\$144
134207 B	Jul 13-17	9 am-2 pm	7-10	\$120
134207 C	Jul 20-24	9 am-3 pm	8-13	\$144

Fast Pitch Softball

Designed for the player of any skill level. **Equipment required:** glove and proper shoes. **Coordinator** - Dave Marr, Athens High School girl's varsity softball coach. **Location:** Athens HS, diamond #3, #4.

Act #	Date	Time	Ages	Cost
134208 A	Jun 22-26	12:30-3 pm	8-15	\$81
134208 B	Jun 22-26	12:30-3:30 pm	8-15	\$91*

*pitching and catching

Football

A great pre-training for the start of football season. Learn the basics of all football positions. **Equipment required:** cleats or gym shoes, shirt, shorts or sweat pants. **Coordinators** - Gary Griffith varsity football coach at Troy High and TBD, Athens varsity coach. **Location:** Football fields at each high school

Act #	Date	Time	Grade/Site	Cost
134209A	Jul 20-24	9 am-12 noon	3-8/ THS	\$97
134209B	Jul 20-24	12:30-3:30 pm	9-12/THS	\$97
134209C	Jul 20-24	9 am-12 noon	3-8/ AHS	\$97
134209D	Jul 20-24	12:30-3:30 pm	9-12/AHS	\$97

Junior Golf Camp (2 ½ hrs)

These camps are for boys and girls of all levels. **Equipment required:** golf clubs, golf/gym shoes (no sandals). Clubs available courtesy of the "Sticks for Kids" GCBA foundation.

Note: Friday 7-11 am. Scramble Golf Tournament with pizza party
Coordinator - Paul Toski, Sanctuary Lake Golf Academy.

Location: Sanctuary Lake Practice Range (South Blvd and Dequindre)

Act #	Date	Time	Ages	Cost
134211A	Jun 22-26	8:30-11 am	7-13	\$131
134211B	Jul 6-10	8:30-11 am	7-13	\$131
134211C	Jul 13-17	8:30-11 am	7-13	\$131
134211D	Jul 20-24	8:30-11 am	7-13	\$131
134211E	Aug 3-7	8:30-11 am	7-13	\$131
134211F	July 27-31	8:30-11 am	7-13	\$131
134211G	Aug 10-14	8:30-11 am	7-13	\$131

Junior Golf Camp – Half Day (4 hrs)

For boys and girls (ages 12-18) of all skill levels. **Coordinator** - Paul Toski, Sanctuary Lake Golf Academy. **Location:** Sanctuary Lake Practice Range (South Blvd and Dequindre)

Act#	Date	Time	Ages	Cost
134206 A	Jun 22-26	1-5 pm	12-18	\$250
134206 B	Jul 13-17	1-5 pm	12-18	\$250
134206 C	Jul 20- 24	1-5 pm	12-18	\$250
134206 D	Aug 3-7	1-5 pm	12-18	\$250
134206E	Aug 10-14	1-5 pm	12-18	\$250

Gotta Dance

This dance program offers Tap, Jazz, and Ballet, a four week program on Mondays. Equipment required: proper shoes and comfortable clothing.

Camp Coordinator - Suzy Sanitate, Dance Director. (No pizza party or shirt for this camp) **Location:** Gotta Dance - Dance Studio, located inside Troy Sports Center 1819 East Big Beaver Road. Call Suzy Sanitate at 248.680.8722 for questions on program. **Cost:** \$30

Act #	Date	Time	Ages	Class
134210A	Jul 13-Aug 3	4-4:30 pm	3-5	Tap
134210B	Jul 13-Aug 3	4:30-5 pm	3-5	Ballet
134210C	Jul 13-Aug 3	5-5:30 pm	6-8	Tap
134210D	Jul 13-Aug 3	5:30-6 pm	6-8	Ballet
134210E	Jul 13-Aug 3	6-6:30 pm	6-8	Jazz
134210F	Jul 13-Aug 3	6:30-7 pm	3-5	Ballet
134210G	Jul 13-Aug 3	7-7:30 pm	9-12	Ballet
134210H	Jul 13-Aug 3	7:30-8 pm	9-12	Jazz
134210K	Jul 13-Aug 3	8-8:30 pm	12-over	Jazz

Gymnastics

Equipment required: cotton socks or gymnastics slippers and bands for hair.

Parent/Tots (age 4-5): Introductory gymnastics.

Beginner/Intermediate (age 6-8): Those with little gymnastics experience.

Adv. Beginner/Intermediate (age 9-11): Minimum basic skills required;

Groups will be subdivided based on ability and age level. **Coordinator**

- Kelly Esper, Asst Troy High Coach **Location:** Troy High aux gym.

Act #	Date	Time	Level	Cost
134212A	Jul 20- 24	9-10:30 am	Tots	\$81
134212B	Jul 20- 24	10:45 am -12:45 pm	Beg/Int	\$111
134212C	July 20-24	10:45 am-12:45 pm	Adv Beg/Int	\$111
134212D	Jul 27-31	9-10:30 am	Tots	\$81
134212E	Jul 27-31	10:45 am-12:45 pm	Beg/Int	\$111
134212F	July 27-31	10:45 am-12:45pm	Adv Beg/Int	\$111

Lacrosse

Focus on basic skills and team concepts.

Boys equipment required: 2nd-4th grade helmet, gloves, stick and mouthpiece. Boys 5th-10th grade, helmet, gloves, stick, mouthpiece, shoulder and arm protection.

Girl's equipment required: stick and goggles. Coordinators -Boys Coach - Matt Jantz, Troy High varsity coach, Girls Coach Liz Waters and Rob Holder. **Location:** Boys at Troy High football field; Girls at Boulan Park Lacrosse field

Act #	Date	Time	Grades	Cost
134213A	July 13-17	9 am -12 noon	Boys 2-4	\$97
134213B	July 13-17	9 am -12 noon	Boys 5-10	\$97
134213C	July 20-24	9-11:30 am	Girls 4-12	\$82

Pom Pon/Dance

Learn basic pom and jazz techniques Cost includes a choreographed dance and performance, expert instruction, camp shirt, pom pons and pizza party. **Location:** Athens main gym; **Coordinator** – Jenna Williams, My Dance Studio, Inc., Dance Team Choreographer and former team member for Detroit Pistons Dance Team Automotion, and Detroit Shockwave Dancers.

Act #	Date	Time	Age	Cost
134222A	Jul 13-17	12-1 pm	5-6	\$46
134222B	Jul 13-17	1-3 pm	7-8	\$71
134222C	Jul 13-17	1-3 pm	9-12	\$71

Choreography & Dance Clinic... how to make a winning team

A one-day dance and choreography camp for experienced individuals or team members. **Location:** Troy Community Center Studio B-C; **Coordinator** – Jenna Williams, My Dance Studio Inc, Trained by professional dancers with coaching and judging experience.

Act #	Date	Time	Grade	Cost
134222D	Sat, July 18	9 am-3 pm	9-12th	\$41 indiv.
134222E	Sat, July 18	9 am-3 pm	9-12th	\$140/team

Soccer

Choose from three skill levels. Each camper to receive a soccer ball. **Equipment required:** soccer or gym shoes and shin guards. Athens/Troy High guest coach appearance throughout week. **Coordinator** – Todd Heugh, Rochester High School girls varsity soccer coach. **Location:** Firefighters Park

Act #	Date	Time	Ages	Cost
134214A	Jul 20-24	9-11:30 am	8-11 Rec	\$ 89
134214B	Jul 20-24	9 am-2 pm	9-13 Premier	\$155

Full descriptions of the Sports Camps can be found online:
www.troy.mi.gov/troytoday/spring2009

Junior Soccer

Fun approach to learning the basics. Each camper to receive a soccer ball. **Equipment required:** soccer or gym shoes and shin guards. **Coordinator** – Meghan Sermo and Lisa Carruthers **Location:** Firefighters Park.

Act #	Date	Time	Ages	Cost
134215 A	Jun 22-26	10-11:30 am	4-5	\$58
134215 B	Jun 22-26	9:30-11:30 am	6-7	\$73
134215 C	Jul 13-17	10-11:30 am	4-5	\$58
134215 D	Jul 13-17	9:30-11:30 am	6-7	\$73
134215 E	Jul 27-31	10-11:30 am	4-5	\$58
134215 F	Jul 27-31	9:30-11:30 am	6-7	\$73

Speed, Agility and Quickness

Intro and Advance offered. **Equipment required:** practice clothes, cleats and running shoes, and a physical card (on file in school athletic program).

Instructor: Judy Steinberger, Physical Education Instructor at Baker Middle School **Location:** Troy HS track.

Act #	Date	Time	Ages	Cost
134217 A	Jun 22-26	9-10:30 am	7-9 (Intro)	\$51
134217 B	Jun 22-26	11 am-1 pm	13 & over (Intro)	\$66
134217 C	Jul 6-10	8:30-10:30 am	10-12 (Intro)	\$66
134217 D	Jul 6-10	11 am -1 pm	13 & over (Adv)	\$66

Competitive & Synchronized Swim

Intro to Competitive Swim for Elementary School Students Coordinators: Lisa Inman and Melissa Bayci. **Location:** Boulan MS **Cost:** \$63

Competitive Swimming for Middle & High School Student Coordinators – Lisa Inman and Melissa Bayci. **Location:** Troy HS pool **Cost:** \$96

Synchronized Swimming – For ages 8-17 **Coordinator** – Ami Iceman, Synchronized swim coach. **Location:** Troy HS pool **Cost:** \$66

Equipment required: Swimsuit, goggles, and towel. Swim caps suggested for girls. Synchronized Swim: one-piece suit is required.

Act #	Date	Time	Ages/Level
134218A	Jun 22-26/M-F	8:30-11:30 am	Synchronized
134218B	Jun 22-26/M-F	11 am-2 pm	Competitive HS
134218C	Jun 22-26/M-F	11 am-2 pm	Competitive MS
134218D	Jul 13-17/M-F	9-10:30 am	Intro Elementary
134218E	Jul 13-17/M-F	10:30-12 noon	Intro Elementary

Track and Field

Track races include 100m, 200m, 400m, 800m, 1600m, hurdles and relays. Proper running and hurdle form will be emphasized. **Coordinator** – John Epple, Athens High varsity track coach, 24 years track experience. **Location:** Athens High School

Act #	Date	Time	Ages	Cost
134219A	Jun 22-26	9-11:30 am	7-10	\$81
134219B	Jul 13-17	9-11:30 am	9-14	\$81

Full descriptions of the Sports Camps can be found online:
www.troy.mi.gov/troytoday/spring2009

Volleyball

Girls and boys learn basic volleyball skills **Equipment required**- gym shoes, and kneepads. **Coordinator** – Tammy Gilbert, Boulan Middle School coach **Location:** Athens HS auxiliary gym

Activity #	Date	Time	Ages	Cost
134220A	Jun 22-26	8:30-11:30 am	11-14 Adv	\$103
134220B	Jun 22-26	12-3 pm	8-10 Adv	\$103
134220C	Jul 6-10	9-11:30 am	8-10 boys	\$88
134220D	Jul 6-10	12- 3 pm	11-13 boys	\$103
134220E	Jul 13-17	9 am-12 noon	8-10	\$103
134220F	Jul 13-17	1-4 pm	11-14	\$103
134220 G	Jul 20-24	9-11:30 am	8-10	\$88
134220 H	Jul 20-24	12- 3 pm	11-13	\$103

Wrestling

All wrestling basics included. **Equipment required** - gym shoes. **Coordinator** - Gary Harlan, Troy High wrestling coach. **Location:** Troy HS auxiliary gym.

Activity #	Date	Time	Ages	Cost
134221 A	Jun 22-26	9 am-12 noon	7-18	\$96

Water Polo

Must be a proficient swimmer. Skills practiced are; egg beater kick, dribbling, passing and shooting. Equipment required – Swimsuit, goggles, and towel. **Instructor:** Lucas Ortego. **Location:** Athens H S pool.

Act #	Date	Time	Ages	Cost
134224 A	Jul 13-17	5:30-7:30 pm	12-18/Girls	\$80
134224 B	Jul 20-24	7:30-9:30 pm	12-18/Boys	\$80

General Sports Camp Information

Staff: All camps are coordinated by a “Blue Ribbon” coaching staff including many state and area Coach of the Year recipients.

Camp Ratio: Approximately 1:10 (some have lower ratios)

Medical Information: If your son/daughter has a medical condition that may affect their participation in the camp program, please make a note on the registration form (allergies, etc.).

Registration: In person at the Troy Community Center, 3179 Livernois. For MAIL-IN registrations, complete the registration form and mail it with your check or money order to: 3179 Livernois, Troy, MI 48083.

To register online: www.troy.mi.gov/parksandreconline. NO PHONE registrations will be accepted. Only Visa and MasterCard accepted. Limited enrollments for some camps.

Inclement Weather Policy: In case of rain, please call our weather hotline number at 248.689.9756. Check on-line for up to date cancellations. www.troy.mi.gov/parksrec/weatherupdates

Camp Includes: Quality instructors, a Troy Sports Camp T-shirt, a participation certificate and a camp ending pizza party provided by Hungry Howie’s Pizza (exceptions noted).

Questions: Call Troy Parks and Recreation 248.524.3484 or Troy Schools at 248.823.5093.

Tennis Court Reservations

Troy residents 18 and older may reserve tennis courts at the Troy Parks and Recreation Department in person one week in advance. (Phone reservations are not accepted). Two permits per week allowed. Single play permit may be obtained for one hour and doubles for two hours. Permit holders have priority over other players. The number of courts and the days available may vary pending program use. The following are the tennis courts permitted:

Boulan Park Courts 5-8

Location: West off Crooks between Big Beaver and Wattles

Dates: May 1 - Sept. 29 (excluding city sponsored tennis lessons and Troy Daze) **Permitted times:** 8 am-10 pm daily

Civic Center Courts 4-8

Location: North of Big Beaver between Livernois and I-75 on Town Center Drive

Dates: June 1 - Aug 14 **Permitted times:** Monday through Sunday (excluding Wednesdays and select weekends): 8 am-11 pm

Open Court Usage

The following non-permitted courts are available to Troy residents on a first come, first served basis. Lessons may be scheduled during some morning and evening times.

Athens High - 1-8	Troy High - 1-8
Boulan Park - 1-4	Baker School - 1-4
Brinston Park - 1-2	Civic Center - 1-3
Larson School - 1-4	Smith School - 1-4

Tennis lessons and camps - see pages 72-73.

Youth Volleyball

Girls Grades 5-8

Games are played on Saturdays, in the mornings and early afternoon. Teams are formed primarily by neighborhood and school area. Those registering after the deadline of Sept 9 will not be guaranteed a neighborhood team. Practices begin Sept 26 and games on Oct 10. No games: Nov 28. *Weekday practices are at the discretion of the coach. Troy residents only.*

Fee: \$56/resident

Location: Boulan Middle School

Registration Deadline: Sept 9

Use grade for 2009-10 school year*

Act#	Grades	Day	Practices Begin	Ends
144200	Girls Grade 7	Sat	Sept 26	Dec 5
144201	Girls Grade 8	Sat	Sept 26	Dec 5
144202	Girls Grade 6	Sat	Sept 26	Dec 5
144203	Girls Grade 5	Sat	Sept 26	Dec 5

*Please register child in activity number that correlates to the school they attend. Use grade during the 2009-10 school year.

A coaches organizational meeting is scheduled for Wed., Sept 17 at 6:30 pm at the Troy Community Center.

Ice Skating Lessons

Troy Sports Center, 1819 East Big Beaver

248.689.6600

If you already know how to skate, you can always improve your skills. Each class will have 25 minutes of instruction and 25 minutes of practice without an instructor. All teachers certified by the U.S. Figure Skating. Students will be divided by age and skill level during the first class. 8-10 students per teacher. There will be a one time annual membership fee (Sept 1-Aug 31) required per new enrollee, payable on the first day, to Troy Academy of Figure Skating. (Includes insurance, handbook, badges and stickers). Students should dress warm; wear gloves, a helmet (bike or hockey) and skates. Skate rental is available for \$3/class.

Session: 9 weeks - NR: \$103; Res: \$98

Act #	Ages	Day	Time	Beg	Ends
132401A	3-7 yrs	Mon	5:10-6 pm	Jun 22	Aug 17
132401B	8-adult	Mon	6:10-7 pm	Jun 22	Aug 17
132401C	All ages	Wed	11:10 am-Noon	Jun 24	Aug 19
132401D	All ages	Wed	6:10-7 pm	Jun 24	Aug 19

Camps (5 days) NR: \$59; Res: \$54

Act #	Ages	Days	Time	Beg	Ends
132401E	All ages	M-F	11:10 am-Noon	July 20	July 24
132401F	All ages	M-F	11:10 am-Noon	Aug 3	Aug 7
132401G	All ages	M-F	11:10 am-Noon	Aug 17	Aug 21

High School Sand Volleyball

Co-Rec 6v6 League (9th-12th graders)

Get your friends together and put a team in our sand volleyball league for High School students! All games are in the evening and are self-officiated. Sign Up as a team!

Fee: \$95/team **Location:** Firefighters Park Courts.

Weeks: 8

Division	Days	Games Begin
Co-Rec (6v6)	Wed	June 1

Important Dates to Remember

May 6	Mandatory manager's meeting 6:30 pm
May 29	Team Roster due
June 1	Season Begins

HOW TO REGISTER:

Resident online registration: May 12 at 8 am

Go to: www.troymi.gov/parksandreconline

Non-resident/walk-in registration: May 19 at 8 am

Troy Parks and Recreation
3179 Livernois Rd

Tennis Lessons

- Group lessons by trained staff
- Tennis balls provided
- Bring your own racquet, water bottle and wear tennis shoes
- **In case of inclement weather: call 248.689.9756 or go online at: www.troy.mi.gov/parksrec/weatherupdates**



PeeWee: (ages 4-8) 4:1 ratio

- Must be age by first class
- Fun introduction to tennis; Jr racquets available.

Beginner: (ages 8 and older) 6:1 ratio

- Never played or just started to play
- Learn grip, strokes, serve, volley and score

Advanced Beginner: (ages 8 and older) 6:1 ratio

- Must have past beginner class
- Needs more experience; has weak strokes
- **Learn more of serve and mid-court volleys**

Intermediate: (ages 8 and older) 7:1 ratio

- Must have taken beginners and advanced beginners.
- Needs more game play; lacks control.
- Learn lob, overhead and half volleys.

Junior Excellence: (ages 11-16) 6:1 ratio

- These students should be at an advanced level and be willing to work hard on their game.
- Strategy and advanced strokes are addressed.

Class Make-ups:

- **No make-up for first class canceled due to inclement weather conditions.** Weather Hotline: 248.689.9756, call one half an hour prior to class time or go to website.
- All others will be made up on Fridays.
- There are no changing class times or make-ups if you miss a class.

Junior Excellence Tennis Lessons

Under the direction of the Tennis Coordinator these juniors will work on and improve their skills! These lessons are for the very serious player considering being on a school tennis team and should have advanced playing ability, competitive and willing to work hard on their game. Students will be evaluated on the first day of class. Class max is 24. **Format:** 4 weeks

Location: Troy High School **Fee:** NR: \$84 Res Disc: \$79

Act #	Ages	Begins	Days/Time
132705A	13-17	June 22	M/W/6-8 pm
132705B	10-12	June 23	T/Th/6-8 pm
132705C	10-12	July 20	M/W/6-8 pm
132705D	13-17	July 21	T/Th/6-8 pm

Pee Wee: Ages 4-8

A fun introduction to tennis that will focus on tennis and motor skills with an emphasis on fun and games rather than competition. The instructor ratio is 4:1. **Participants must meet age requirements by the start date of the program. No exceptions!** Parents of 4-5 year olds are encouraged to remain at the site outside the tennis court area. Use of Junior tennis racquets and tennis balls are included in the fee.

Session I: June 22 - July 17 Weeks: 4 – 45 minute lessons

Fee: NR: \$31 Res Disc: \$26

Act #	Age	Day	Time	Location
132650A	6-8	Mon	10:30 am	Civic Center
132650B	4-6	Mon	11:30 am	Civic Center
132650C	4-6	Tue	9:30 am	Civic Center
132650D	6-8	Tue	10:30 am	Civic Center
132650E	4-6	Wed	9:30 am	Civic Center
132650F	6-8	Wed	10:30 am	Civic Center
132650G	6-8	Thu	9:30 am	Civic Center
132650H	4-6	Thu	10:30 am	Civic Center
132650I	6-8	Tue	5 pm	AHS
132650J	4-6	Thu	5 pm	AHS
132650K	4-6	Tue	6 pm	AHS
132650L	6-8	Thu	6 pm	AHS
132650M	5-7	Tue	7 pm	AHS
132650N	5-7	Thu	7 pm	AHS

Session II: July 20-August 14 Weeks: 4 - 45 minute lessons

Fee: NR: \$31 Res Disc: \$26

132651A	6-8	Tue	9 am	Civic Center
132651B	4-6	Tue	10 am	Civic Center
132651C	5-7	Tue	11 am	Civic Center
132651D	5-7	Wed	9 am	Civic Center
132651E	4-6	Wed	10 am	Civic Center
132651F	6-8	Wed	11 am	Civic Center
132651G	6-8	Thu	9:30 am	Civic Center
132651H	4-6	Thu	10:30 am	Civic Center
132651I	5-7	Thu	11:30 am	Civic Center
132651J	4-6	Mon	5 pm	AHS
132651K	6-8	Wed	5 pm	AHS
132651L	6-8	Mon	6 pm	AHS
132651M	4-6	Wed	6 pm	AHS
132651N	5-7	Mon	7 pm	AHS
132651P	5-7	Wed	7 pm	AHS

Racquets of Fun

(ages 4-6 w/adult)

Introduce your child to the world of tennis! You and your child will practice drills designed for this age group. Emphasis will be on eye-hand coordination, depth perception and having fun. Fee is for both parent and child. **Racquets available for youngsters.** Max of 7 pairs in class. **Four classes.**

Location: Boulan Park Tennis Courts

Act #	Day	Session	Time	Fee	Res Disc
132652A	Tue	6/23-7/14	6-6:45 pm	\$40	\$35
132652B	Wed	7/22-8/12	6-6:45 pm	\$40	\$35

Youth Lessons: Ages 6-14

Youngsters will be evaluated at first class to ensure level appropriate.

Session I: June 22 - July 17

Fee: NR: \$55 **Res Disc:** \$50 **Weeks:** 4 – one-hour lessons

Act #	Class/Ages	Day	Time	Location
132600A	Adv Beg 7-11	M/W	9 am	THS
132600B	Beg 6-10	M/W	10 am	THS
132600C	Int 7-12	M/W	11 am	THS
132600D	Adv Beg 8-12	T/Th	9:30 am	Civic Ctr
132600E	Beg 8-13	T/Th	10:30 am	Civic Ctr
132600F	Int 8-12	T/Th	11:30 am	Civic Ctr
132600G	Beg 6-10	M/W	5 pm	Larson
132600H	Adv Beg 6-11	M/W	6 pm	Larson
132600J	Beg 9-14	M/W	7 pm	Larson
132600K	Adv Beg 8-14	T/Th	5 pm	Boulan
132600L	Beg 6-11	T/Th	6 pm	Boulan
132600M	Int 8-14	T/Th	7 pm	Boulan

Session II – July 20 - August 14

Fee: NR: \$55 **Res Disc:** \$50 **Weeks:** 4 – one-hour lessons

Act #	Class/Ages	Day	Time	Location
132601A	Adv Beg 9-14	M/W	9 am	Larson
132601B	Beg 6-11	M/W	10 am	Larson
132601C	Int 8-14	M/W	11 am	Larson
132601D	Adv Beg 7-12	T/Th	9:30 am	Boulan
132601E	Beg 7-13	T/Th	10:30 am	Boulan
132601F	Int 8-12	T/Th	11:30 am	Boulan
132601G	Beg 7-12	M/W	5 pm	Larson
132601H	Adv Beg 7-14	M/W	6 pm	Larson
132601J	Int 8-14	M/W	7 pm	Larson
132601K	Int 7-13	T/Th	5 pm	AHS
132601L	Adv Beg 9-14	T/Th	6 pm	AHS
132601M	Beg 6-11	T/Th	7 pm	AHS

Adult Lessons: Ages 15 and Older

All students will be evaluated at the first class to ensure similar ability.

Session I: June 22 - July 17

Fee: NR: \$55 **Res Disc:** \$50 **Weeks:** 4 – one-hour lessons

Act #	Class	Day	Time	Location
132605A	Beg	M/W	5:30 pm	THS
132605B	Adv Beg	M/W	6:30 pm	THS
132605C	Int	M/W	7:30 pm	THS
132605D	Int	T/Th	6 pm	THS
132605E	Beg	T/Th	7 pm	THS
132605F	Adv Beg	T/Th	8 pm	THS

Session II: July 20 - August 14

Fee: NR: \$55 **Res Disc:** \$50 **Weeks:** 4 – one-hour lessons

Act #	Class	Day	Time	Location
132610A	Beg	M/W	5:30 pm	THS
132610B	Adv Beg	M/W	6:30 pm	THS
132610C	Int	M/W	7:30 pm	THS
132610D	Adv Beg	T/Th	5:30 pm	THS
132610E	Int	T/Th	6:30 pm	THS
132610F	Beg	T/Th	7:30 pm	THS

Tennis Camps 2009

These camps are specifically designed for participants 13 and older who play competitively and want to improve their mental strategies, agility, skills and more. **Max:** 24 students

Morning Sessions: taught by Rick Bucalos

Evening Sessions: taught by John Kennedy and Staff

Location: Athens High School courts

Fee: NR: \$105 **Res Disc:** \$100

Act #	Days	Time	Dates
132715A	M-Th	4-6 pm	June 15-18
132715B	M-Th	8-10 am	June 22-25
132715C	M-Th	4-6 pm	June 22-25
132715D	M-Th	8-10 am	July 6-9
132715E	M-Th	4-6 pm	July 6-9
132715F	M-Th	8-10 am	July 13-16
132715G	M-Th	4-6 pm	July 13-16
132715H	M-Th	8-10 am	July 20-23
132715I	M-Th	4-6 pm	July 20-23
132715J	M-Th	8-10 am	July 27-30
132715K	M-Th	4-6 pm	July 27-30
132715L	M-Th	8-10 am	Aug 3-6
132715M	M-Th	4-6 pm	Aug 3-6

Outdoor Senior Tennis League

Begins May 12 at the Civic Center Tennis Courts

The Troy Parks and Recreation department is offering an informal free senior (55 and older) tennis league that will meet on Tuesday and Friday mornings from 9-11 am. Games will be held at the Civic Center Tennis Courts. Reservations are not required. The program is free. (May 12-22 and after Aug 14, held at Boulan Tennis Courts.)

**For more information contact
Elaine Torvinen at 248.524.3484.**

Junior Team Practice

Perfect for those players (that have played or are interested in USTA Team Tennis) who want to work on their match play. Includes: one half hour of drills and one hour of match play.

Coordinator: John Kennedy **Location:** Athens High School

Fee: NR: \$84 **Res Disc:** \$79

Act #	Age	Session	Days	Time
132706A	12 and under	6/23-7/2	T/TH	6-7:30 pm
132706B	13-14	6/23-7/2	T/TH	6-7:30 pm
132706C	12 and under	7/7-7/16	T/TH	6-7:30 pm
132706D	13-14	7/7-7/16	T/TH	6-7:30 pm
132706E	12 and under	7/21-7/30	T/TH	6-7:30 pm
132706F	13-14	7/21-7/30	T/TH	6-7:30 pm

Gymnastics

Troy Gymnastics, 1600 W. Maple, 248.816.TGYM

All participants must pay an annual membership fee of \$25 paid directly to Troy Gymnastics prior to the first day class.

Session: June 22-August 24; 8 weeks

Ages 16 months - 3 years – Class requires full parent participation and is geared toward the stages of early childhood development with the introduction of basic gymnastic skills.

Act	Day	Time	NR	Res Disc
131906A	Mon	10:15-11 am	\$91	\$86
131906B	Mon	5-5:45 pm	\$91	\$86

3 years – Boys and girls will begin the exploration of gymnastics basics using music, obstacle courses and more in our weekly lesson plan to create a fun environment for your child.

Act	Day	Time	NR	Res Disc
131900A	Mon	9:30-10:15 am	\$91	\$86
131900B	Mon	4:15-5 pm	\$91	\$86

Ages 4 to Kindergarten – Exploration of gymnastics basics and will use music and activities to create a fun environment.

Act	Day	Time	NR	Res Disc
131901A	Mon	11-11:55 am	\$104	\$99
131901B	Mon	4-4:55 pm	\$104	\$99
131901C	Mon	5-5:55 pm	\$104	\$99

Boys 4-6 – Basics of gymnastics on the boys equipment developing strength and coordination that can help them in all sport activities.

Act	Day	Time	NR	Res Disc
131902A	Mon	11:30am-12:25 pm	\$104	\$99

Boys 6 and older – Weekly lesson plans will be designed to meet the needs and skills of each child. Students will be working on all apparatus.

Act	Day	Time	NR	Res Disc
131903A	Mon	9-10:25 am	\$141	\$136
131903B	Mon	4:30-5:55 pm	\$141	\$136

Tumbling 6 and older – The basics of tumbling including rolls, handstands, cartwheels, bridges, roundoffs, and intro to walkovers.

Act	Day	Time	NR	Res Disc
131912A	Mon	10:30-11:25 am	\$104	\$99

Girls 6-8 – Weekly lesson plans will be designed to meet the needs and skills of each child. Students will work on all apparatus.

Act	Day	Time	NR	Res Disc
131904A	Mon	5:45-7:10 pm	\$141	\$136

Girls 7 and older – Weekly lesson plans will be designed to meet the needs and skills of each child. Students will work on all apparatus.

Act	Day	Time	NR	Res Disc
131905A	Mon	9-10:25 am	\$141	\$136
131905B	Mon	4:15-5:40 pm	\$141	\$136

Girls 9 and older – Weekly lesson plans will be designed to meet the needs and skills of each child. Students will work on all apparatus.

Act	Day	Time	NR	Res Disc
131909A	Mon	6-7:25 pm	\$141	\$136

Cheerleading

Troy Gymnastics, 1600 W. Maple; 248.816.TGYM

All participants must pay an annual membership fee of \$25 directly to Troy Gymnastics prior to the first day of class.

Session: June 23-Aug 25

Cheernastics!

Our focus is on tumbling, stunting, jumps, dance and cheer fundamentals. This class will learn a mini-routine to showcase at the end of each 8-week session.

Act #	Age	Day	Time	NR	Res Disc
131911A	3-6	Tue	4:30-5:25 pm	\$104	\$99
131911B	7-9	Tue	5:30-6:25 pm	\$104	\$99
131911C	10-13	Tue	6:30-7:25 pm	\$104	\$99



Youth Pickleball

The newest craze in Troy, pickleball a fast pace sport that is fun for all ages. A cross between badminton and tennis, pickleball is played on a badminton sized court with a hard paddle and whiffle ball.

Learn the basic rules and skills at this one week camp. Games played daily. All equipment provided. Maximum 12 players.

Coordinator: Nancy Thoenes, Fraser Physical Education Instructor

Location: Smith Middle School Tennis Courts

Activity#	Date	Time	Grades	NR	Res Disc
134085A	7/27-31	10-11am	6-8	\$45	\$40
134085B	7/27-31	11 am-12 pm	9-12	\$45	\$40



50 Plus Bocce and Shuffleboard Leagues

Leagues begin the week of May 18. Registration is required by May 11. Teams will consist of four members. List desired partner(s) upon registration. Other players will be assigned to teams by random draw. If fewer than 16 players sign up for either league, we will run a doubles league instead of a quad league. *Fee is per person, and each team member must register.*

Location: Troy Community Center

Act #	League	Day	Time	Wks	NR	Res Disc
125913G	Shuffleboard	Tue	9:30 am	12	\$18	\$16
125913H	Bocce	Thu	9:30 am	15	\$22	\$20



World Cup Soccer for Grades K-2nd

Join the excitement of this fast-paced sport for children. Promoting fitness, skill and lasting friendships, 5v5 soccer, on small sided fields will give kids more "touches" and keep them involved in the game.

This non-competitive instructional program meets eight weeks in game and practice situations. Teams will be formed based on neighborhood school and age. **Troy residents only.**

Registration deadline is July 8. Those registering after date cannot be guaranteed a spot on neighborhood team.

Games are held on Saturday between 9 am and 2 pm. Practice is held during week based on coaches' availability. Practices and games last one hour. All games refereed. Registration fee includes a team shirt, and award medal. Soccer shin guards required

Eligibility:

Kickers League – Children entering kindergarten or developmental kindergarten

Strikers League – Children entering 1st or *2nd grade.

*2nd graders born before July 31 are eligible for TYSL league.

Coaches Soccer Clinic, slated for Monday, August 10 will be held at the Troy Community Center Gym at 7 pm.

Fee: \$50

Location: Jaycee Park or Troy Community Center

Registration Deadline: July 8

Act#*	League	Days	Begins
134150	Kickers Boys Only (K)	Sat	Sept 12
134151	Kickers Girls Only (K)	Sat	Sept 12
134152	Strikers Boys Only (1st/2nd)	Sat	Sept 12
134153	Strikers Girls Only (1st/2nd)	Sat	Sept 12

*Please check registration form for activity letter that correlates to the school they attend. See page 86.

Volunteer Coaches Needed! To volunteer go online at: <http://www.troymi.gov/ParksRec/Sports/VolunteerCoaches/>

A required coaches meeting is scheduled at the Community Center Thursday, August 6, at 6:30 pm.

New

50+ Pickleball Doubles Leagues

Warm-up play May 13-29. League begins June 2-Aug 20. Each league will need a volunteer league manager. Contact Elaine T at 248.524.3484 if interested. Every player receives a T-shirt and prizes for 1st and 2nd place. Maximum 8 players per division.

Fee: \$20 Residents \$22 Non-Residents

Act #	Division	Level	Location	Day/Time
138995A	Men's	Beg-Adv Beg	Baker MS	T/6-8 pm
138995B	Men's	Int - Adv	Smith MS	T/6-8 pm
138995C	Mixed	Beg-Adv Beg	Baker MS	W/6-8 pm
138995D	Mixed	Int - Adv	Smith MS	W/6-8 pm
138995E	Women's	Beg-Adv Beg	Baker MS	TH/6-8 pm
138995F	Women's	Int-Adv	Smith MS	TH/6-8 pm

Pickleball Court Reservations

Two tennis courts at Baker Middle School and two at Smith Middle School have had pickleball lines added to them and may be used for either tennis or pickleball. Troy residents age 18 and older may reserve these pickleball courts at the Troy Parks and Recreation Department in person one week in advance. Telephone reservations are not accepted. Two permits per week allowed. Single play permit may be obtained for one hour and doubles for two hours. The number of courts and days available may vary pending use by scheduled programs. **More pickleball programs - see page 63.**

Troy Family Aquatic Center Coupon

Buy 1, Get 1 Free Admission
(of equal or lesser value)

Valid June 1-30, 2009

Visit us at: 3425 Civic Center Dr.

Call us at: 248-524-3514

On the Web at: www.troymi.gov

See page 42 for TFAC hours and information

Plan your next party with us!

• Limit 2 free admissions with coupon

• Good during regular admission

• Copies not accepted



Golf Coupon

Buy 1, Get 1 green
fee half price!

(of equal or lesser value)

Valid for July 2009
after 4 pm

Good for 9 or 18 holes.
Must present coupon to receive discount.

Valid at Sanctuary Lake only
Copies not accepted.



Skate World of Troy

2825 E. Maple Road

248.689.4100

Basic balance is required for most of the structured classes. Otherwise we recommend you attend one of the "Learn to Skate sessions." In these classes we offer ONLY GROUP INSTRUCTION. Structured classes have one instructor for every 25 students. ONE-ON-ONE teaching is not offered during these classes, but is available.

Learn to Skate – For beginners of all ages. Two hours open skating with 20 minute GROUP instruction in starting, stopping, forward skating, and introduction to backward skating.

Adult Beginners – Ages 15 and older. Six one-hour GROUP lessons in starting, stopping, forward, intro to backward, skate dancing.

Children Beginners – ages 14 and under. Six one-hour GROUP lessons in starting, stopping, forward skating, introduction to backward and free style skating. Music and games. If you lack basic balance, take Learn to Skate first.

Children Advanced – For ages 5-14 that includes six one-hour GROUP lessons in perfecting starting, stopping, forward skating, intro to backward skating, figure skating, and free style skating. Must have basic balance.

Blading Class – For beginners 5 years and older. You may use your own in-line skates if they are "rink safe." The instructor will check them before class. Rentals are available at \$2.50 per class. Wear comfortable clothing, and safety equipment. Please arrive one-half hour early for the first class. One-hour class.

Session: June 23-Aug 8 (6 weeks- no classes 7/4)

Act#	Class	Ages	Day	Time	NR	Res
132220A	Blading	5 over	Tue	5:30-6:30 pm	\$41	\$36
132220B	Child Beg	under 14	Sat	12-1 pm	\$41	\$36
132220C	Child Adv	5-14	Sat	12-1 pm	\$41	\$36
132220D	Learn to Skate	All	Sat	10 am-Noon	\$35	\$30

Youth Cricket Camp

Ages 8-16

Participants will be instructed in the basic skills of cricket including: batting, bowling, fielding, rules and game procedures. Participants will take part in game-like situations for better understanding of the game of cricket. Equipment will be provided. Please bring a water bottle and a bat (if available).

Instructors: Michigan Cricket Association Members, Girish Kamth, Shahid Ahmed and Larry Gomes.

Location: Raintree Park

Session: June 18-Aug 13 (no camp 7/2, make up if needed – 8/20)

Act #	Ages	Day	Time	NR	Res Disc
131080A	8-11	Thur	6-7:30 pm	\$76	\$71
131080B	12-16	Thur	6-7:30 pm	\$76	\$71

2009-10 Adult Basketball League

League play begins October 2009-March 2010. League information mailed the week of August 24. Returning teams have priority to register first. ***Leagues are allowed an unlimited number of non-residents.*** (non-residents pay an additional fee)

Division A - Thursdays, Larson Middle School (best caliber)

Division B - Mondays, Smith Middle School (average caliber) NEW Division!

Division C - Thursdays, Baker Middle School (average caliber)

Division F - Wednesdays, Smith Middle School – Over 30 age division -NEW Division!

Youth Basketball Leagues

Grades 4-6

The youth basketball program is for boys and girls residing in Troy. Games are played on Saturdays. Early evening weekday practices are held once a week at local schools. Most games played at Troy or Athens High Schools. A tee shirt is included in the fee. Players will be contacted by a volunteer coach concerning the first practice. Divisions are based on current grade as of the fall of 2009 (participants must register in the appropriate grade). Grades may be combined if needed to form a league.

Please note:

- Teams are formed by school and neighborhood which may require some areas to be divided or combined.
- Teams do not stay the same from year to year.
- Registrations after the deadline will be placed on teams with openings (if available), not necessarily in their school/neighborhood.
- Players transferring teams not permitted.
- Certified basketball officials assigned for these divisions.
- Practice begins Oct 3; games begin Oct 17 and end early Dec.

Grades 4-6 (Use grade entering in 2009-10 school year*)

Registration Deadline: September 10 **Fee:** \$61

Act#	Grade
141801	Girls Grade 4
141802	Girls Grade 5
141803	Girls Grade 6
141804	Boys Grade 4
141805	Boys Grade 5
141806	Boys Grade 6

*Please check registration form for activity letter that correlates to the school attending.

Volunteer Coaches Needed!

To volunteer to coach, go online:

<http://www.troymi.gov/ParksRec/Sports/VolunteerCoaches/>

Sanchin-Ryu Karate

Kids Karate, Self Defense and Project: Secure Child – trained with proven, age appropriate techniques used to protect kids from attackers. Set in a fun, yet structured environment. Achieve great self confidence and leadership through physical techniques, mental strategies, drills and exercises. Focus on healthy attitudes versus perfection.

Family Karate – set in a fun, non-competitive atmosphere, program allows parents to learn alongside their children. Sanchin-Ryu teaches you to use your whole body, so size and stature are not an issue. Physical techniques will be instructed along with drills and exercises.

Adult Karate - a program designed to empower today's adults with knowledge that can save your life! Learn a broad range of techniques including individual strikes, advanced combinations and more. Receive training on how to deal with, get out of and counter different grabs and other attack scenarios.

Special Note: Uniforms are available, but not required. Sanchin is an ongoing study set up in sessions.

Instructor: Matt Gauthier, 2nd Degree Black Belt

Location: Troy Community Center **Weeks:** 9

Session 1: Wednesdays, June 24-Aug 19

Act#	Level	Age	Time	NR	Res Disc
134040A	Youth/Self Def.	4-14	6:30-7:15 pm	\$42	\$37
134040B	Family*	Par/Child	7:15-8 pm	\$78	\$73
134040C	Adults	14+	8-8:45 pm	\$42	\$37

*2 or more family members

Japanese Shotokan Karate

A traditional Japanese art focuses on strong basic blocks, punches and kicks. Learn self-defense, controlled sparring and Kata in addition to a series of techniques to defend against multiple attackers. Develop balance, coordination, discipline, confidence, courtesy and endurance. Students wear loose-fitting clothes, no jewelry. Uniforms available for purchase. Those advancing in rank require a uniform. The minimum age is 7. For further information contact Jerry Morrone at 248.478.4623 or visit the website at www.mmshotokankarate.com.

Instructor: Jerry Morrone, 6th Degree Black Belt

Location: Athens HS - Gym **Weeks:** 9

Session I: Mondays, June 22- Aug 17

Act#	Level	Ages	Time	NR	Res Disc
134035A	Beg	7-13 yrs	6:30-7:20 pm	\$65	\$60
134035B	Int/Adv	7-13 yrs	7:20-8:10 pm	\$65	\$60
134035C	Beg	14 and older	8:10-9 pm	\$65	\$60
134035D	Int/Adv	14 and older	8:10-9 pm	\$65	\$60

Location: Troy Community Center **Weeks:** 9

Session II: Thursdays, June 25-Aug 20

Act#	Level	Ages	Time	NR	Res Disc
134035E	Beg	7-13 yrs.	6:30-7:20 pm	\$65	\$60
134035F	Int/Adv	7-13 yrs.	7:20-8:10 pm	\$65	\$60
134035G	Beg	14 and older	8:10-9 pm	\$65	\$60
134035H	Int/Adv	14 and older	8:10-9 pm	\$65	\$60



Judo and Streetwise Self-Defense

Judo is a martial art that teaches throwing and grappling techniques used in close quarter self-defense. An Olympic event since 1964, this sport is great for all ages! We have beginners from age 6 to 50. Self-defense prepares individuals with skills of everyday survival on the street. A combination of Jujitsu, Karate and common sense skills make this class a must!

Students wear sweat pants and sweat shirts. Join our staff of 4 black belts with 17 years of experience. Head Instructor: Dan Van Hemm, 3rd degree Black Belt, Coaches: John Berra, 3rd degree Black Belt, Gary Wood, 3rd degree Black Belt, Louise Ullman, 2nd degree Black Belt. Visit our website at www.troyjudo.com For more information contact Dan Van Hemm at 248.877.6732.

Location: Troy Athens, West Deck

Fee: Individual: NR - \$65; Res Disc - \$60

Family (2 or more in family) NR - \$124; Res Disc - \$119

Self-Defense: Individual: NR- \$40; Res Disc - \$35

Family: NR - \$74; Res Disc -\$69

Session: Mondays, June 22-Aug 17 (9 weeks - self defense 5 weeks)

Act# (Indiv.)	Level	Age	Time	Family Fee*
134030 A	Beg	6-13	6:30-7:30 pm	134030 G
134030 B	Int/Adv	6-13	7:30-8:30 pm	134030 H
134030 C	Beg	14 & older	7:30-8:30 pm	134030 I
134030 D	Int/Adv	14 & older	7:30-8:30 pm	134030 J
134030 F	Self Def.	14 & older	8:30-9 pm	134030 L

*2 or more family members

HOW TO REGISTER:

Resident online registration: May 12 at 8 am

Go to: www.troy.mi.gov/parksandreconline

Non-resident/walk-in registration: May 19 at 8 am

Troy Parks and Recreation
3179 Livernois Road

Troy Parks and Recreation Department, Whole Foods Market
of Troy and the Michigan Recreation and Park Association
Presents...



Walk Michigan!



Join the Troy Parks and Recreation Department as we walk for health. All walks are free, non-competitive and open to all ages. Bring your family and friends and enjoy some of Troy's great parks and facilities. While you are there look for complimentary snack and water provided by Whole Food Market – Troy. All walks will be held outdoors on the following dates, times and locations.

No rain dates.

Date	Location/Meet at site:
Sat, May 30, 8:30 am	Troy Community Center (south entrance)
Thu, June 4, 7 pm	Raintree Park (restroom building)
Wed, June 17, 10 am	Lloyd A. Stage Nature Center
Mon, June 29, 7 pm	Boulan Park (concession building)
Thu, July 9, 10:30 am	Troy Community Center (south entrance)
Mon, July 13, 7 pm	Firefighters Park (concession building)
Thu, July 23, 10:30 am	Troy Community Center (south entrance)
Mon, July 27, 7 pm	Raintree Park (restroom building)
Sat, August 1, 8:30 am	Huber Park (at trail head)
Wed, August 5, 10 am	Lloyd A. Stage Nature Center

In addition to all the health benefits of walking you will also be entered into a prize drawing for each walk you participate in, for a chance to win a trip for two to Mackinac Island for the Labor Day Bridge Walk Weekend sponsored by Whole Foods Market -Troy and the Troy Parks and Recreation Department. This is an exclusive trip with special benefits only provided to participants of the Walk Michigan Program. The drawing will take place at the Lloyd A. Stage Nature Center at 11am on August 5; you do not need to be present to win the trip.

Our Local Walk Michigan is Sponsored by:
Whole Foods Market - Troy

Beat the Heat!

Drink non-alcohol and caffeine-free liquids such as water and juice.

Rest frequently in shady area.

Pay special attention to those at high risk – i.e. elderly, children up to the age of 4 as well as those who are overweight.

Wear lightweight, light-colored clothing.

If you're taking medications, ask your doctor if prolonged time in the sun or heat should be avoided.

Avoid strenuous activity on hot days.

Drink plenty of water, even if you don't feel thirsty.

2009 Junior Golf League

Lessons and on course play at Sanctuary Lake Golf Course which will teach young golfers golf skills, etiquette, and an enjoyment of the game. Every player will take a lesson every Tuesday followed by course play. Golfers will be assigned, based on ability to a 3 hole, 6 hole, 9 hole or 18 hole league. Golf instruction provided by a PGA professional from the Sanctuary Lake Golf School staff.

Mentors: The Junior Golf Program relies heavily on parental participation. Volunteers are needed for the 3 and 6 hole divisions. This will insure the proper supervision and safety while out on the course. This is only a 2-5 hours commitment for the entire season.

18 Holers: 6:45-7:15 am Lesson - Golfers (usually between 13-18 yrs old) shoot scores 45 or less, in 9 hole group. Group will tee off starting at 7:15 am.

9 Holers: 6:45-7:15 am Lesson – Golfers (usually between 12-14 years old) shoots scores for 50 or less in the 6 hole group. This group will tee off starting at 7:15 am.

6 Holers: 7:30-8 am Lesson – Golfers (usually between 10-14 years old) golf from their Jr. tee markers. 6 holers should be able to shoot 30 or less as a 3 holer. This group will tee off at 8 am.

3 Holers: 8-8:45 am Lesson – Golfers (usually 8 and 9 years old) that have passed their skill exam. This group will be teeing off at 8:45 am on their assigned junior tees. (approximate 100 yds. hole length)

ALL GOLFERS WILL BE EVALUATED AND PLACED IN APPROPRIATE LEVEL. To place players in the appropriate level, contact Golf Pro Paul Toski at 248.619.7668 to schedule a players test at Sanctuary Lake.

A mandatory parent/player meeting is slated for Wednesday, June 3 at the Troy Community Center at 6:30 pm.

Instructor: Paul Toski, Sanctuary Lake Golf Academy Staff
Requirements: Clubs, balls, gym/golf shoes. (When needed clubs available from "Sticks for Kids" GCBAA foundation.)

Fee: includes 8 weeks of instruction, greens fees, prizes and end of season party.

Weeks: 8 weeks. One week built in for family vacations! You choose when you want to be off.

Location: Sanctuary Lake Golf Course

Session: Tuesdays, June 23-August 18

Act#	Holes	NR	Res Disc
134130A	9, 6, 3	\$206	\$201
134130B	18	\$246	\$241